

McHenry County Department of Health Community Health Improvement Plan

IPLAN

*Illinois Project for Local
Assessment of Needs*

February 2017



Community Health Plan

Requirements:

- 5 year Community Health Improvement Plan
- Address a minimum of 3 priority health issues
- Evidence based - Community Needs Assessment
- Measurable Outcomes linked to Healthy People 2020
- Community collaborative process



Needs Assessment



2017 McHenry County Healthy Community Study

- Household Survey
- Focus Groups
- Community Analysis



Needs Assessment



2017 McHenry County Healthy Community Study

Health Priorities

1. Obesity
2. Cardiovascular Disease
3. Diabetes
4. Cancer

Mental Health Priorities

1. Mental health and substance abuse service availability
2. Alcohol, drugs and misuse of prescription medications
3. Depression and anxiety
4. Suicide

Community Priorities

1. Transportation
2. Lack of awareness about community services
3. Affordable housing





Needs Assessment



2017 McHenry County Healthy Community Study

Health Priorities

1. **Obesity**
2. **Cardiovascular Disease**
3. **Diabetes**
4. Cancer

Mental Health Priorities

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Community Priorities

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Implementation of Health Priorities



MAPP

Mobilizing for Action through Planning & Partnerships

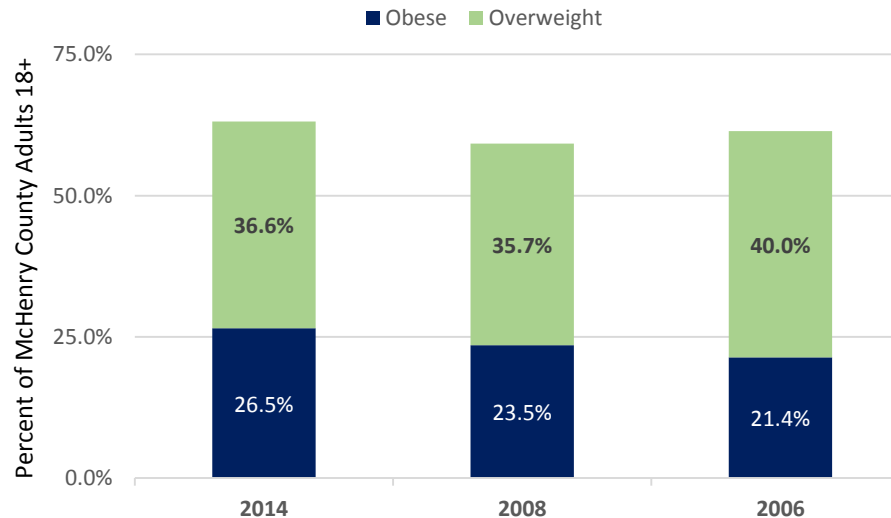
- Developed by NACCHO & CDC
- Strategic Planning Process
- Community Driven
- Implemented in 2006 by McHenry County Department of Health



Obesity

McHenry County Healthy Community Study Results:

- More than one-quarter (26.5%) of McHenry County adults 18 years and older are considered obese
- 36.3% of McHenry County adults are overweight
- The county's obesity level has continued to rise over the past decade





Obesity

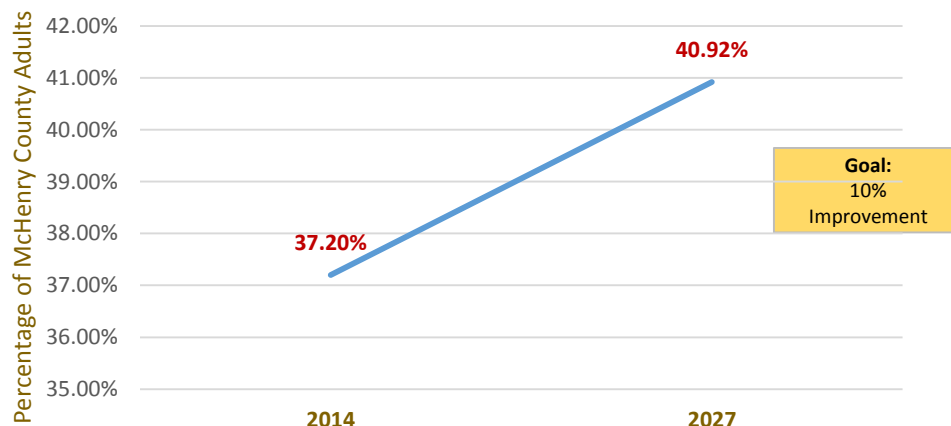


• Outcome Objectives

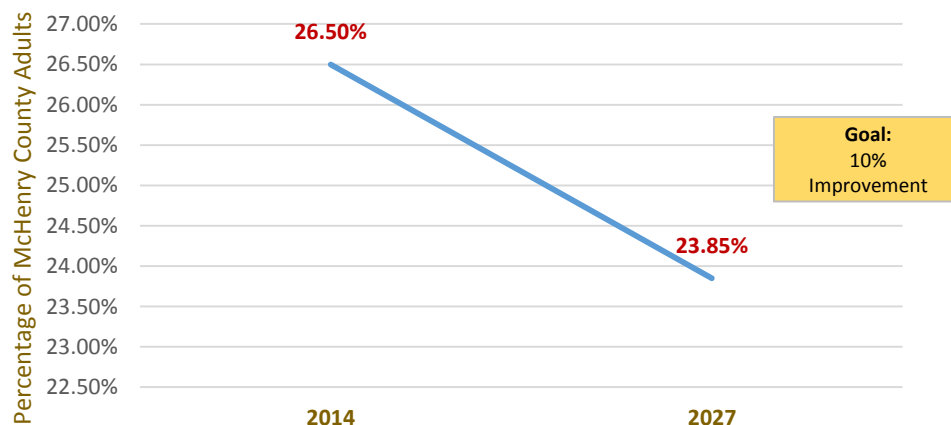
- By the year 2027, increase the proportion of adults in McHenry County who are at a healthy weight to 40.92 (Target: 10 percent improvement over 10 years, Healthy People 2020). Baseline: 37.2 percent of persons aged 18 years and older are at a healthy weight/underweight (*BRFSS, 2014).
- By the year 2027, reduce the proportion of McHenry County adults who are obese to 23.85 (Target: 10 percent improvement over 10 years, Healthy People 2020). Baseline: 26.5 percent of persons aged 18 years and older are obese (BRFSS, 2014).

* BRFSS – Behavioral Risk Factor Surveillance Survey

Outcome Objective 1: Increase the Proportion of Adults who are at a Health Weight



Outcome Objective 2: Decrease the Proportion of Adults Who are Obese

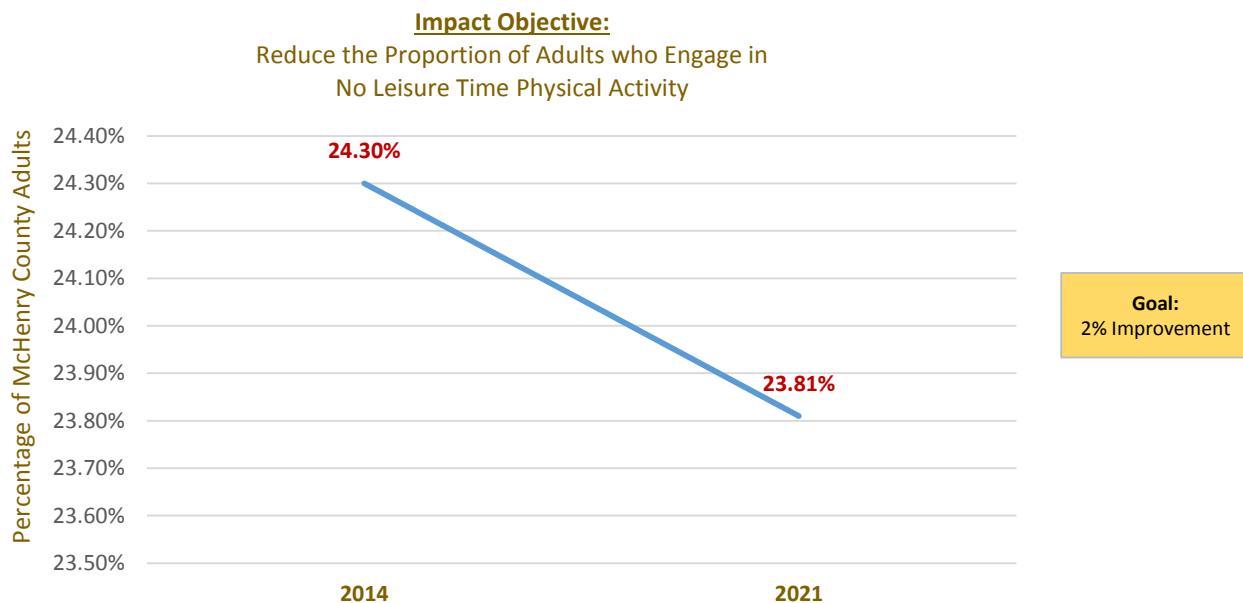




Obesity

- **Impact Objectives**

- By the year 2021, reduce the proportion of McHenry County adults who engage in no leisure-time physical activity by 2 percent (23.81) (Target: 10 percent improvement over 10 years, Healthy People, 2020). Baseline: 24.3 percent of McHenry County residents 18 years and older do not participate in exercise (IBRFSS, 2014).





Obesity & Nutrition

Process objectives

1. **Social media campaigns to increase the awareness of participating in physical activity and other obesity related issues.**

Activities:

- Promote National Health Observances and create a media plan for 12 months out.
- Promote the McRide routes through social media

2. **Expand nutrition education and nutritious food in the food pantries.**

Activities:

- MCDH, University of Illinois Extension and the Northern Illinois Food Bank are collaborating to increase community gardens and health education in the food pantry.

3. **Increase knowledge regarding Medicaid/Medicare/Private Insurance benefits for those with a BMI>30.**

Activities:

- Educate health care professionals and consumers regarding these benefits.

4. **Develop a collaboration between Transportation, Health and Planning in McHenry County.**

Activities:

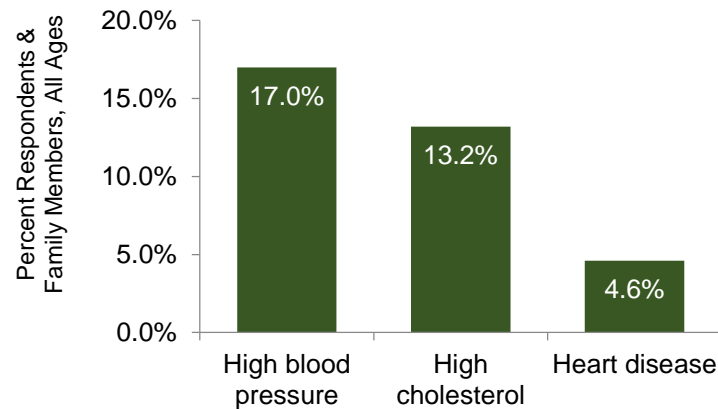
- Hold a workshop for the three sectors – to be completed in 2017
- Develop a short term plan to increase collaboration





Cardiovascular Disease

- Cardiovascular disease accounted for 567 McHenry County resident deaths in 2015
- Heart disease ranks as the second leading cause of death in McHenry County, while stroke is fifth
- Both heart disease and stroke are less common than they were a decade ago.

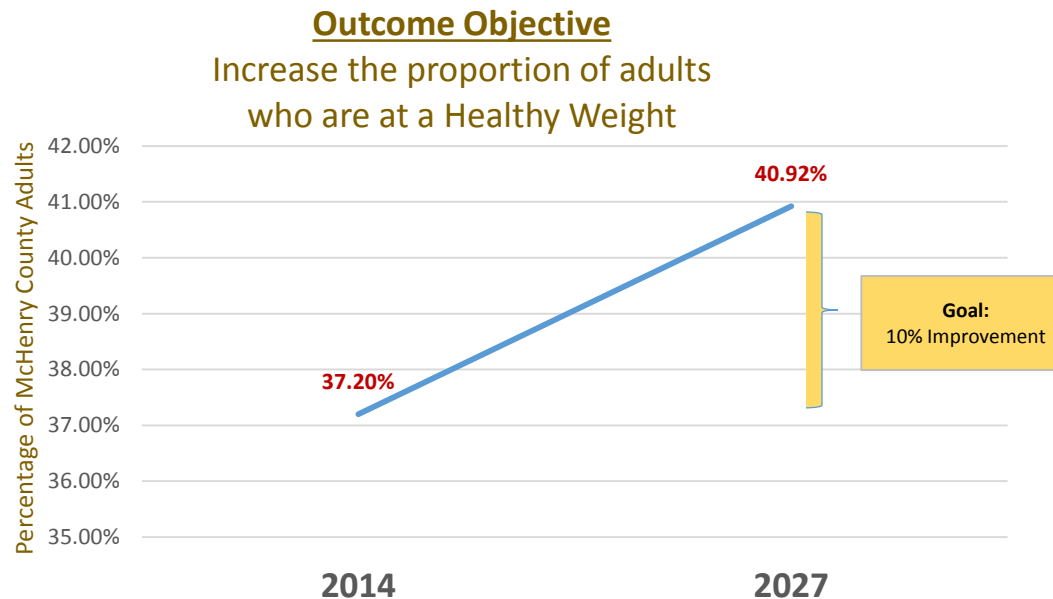




Cardiovascular Disease

Outcome Objectives:

By the year 2027, reduce the death rate from heart disease in McHenry County to no more than 65.0 per 100,000 based on Healthy People 2020 target of 20% improvement. Baseline: McHenry County age-adjusted death rate (2015) for ischemic heart disease is 80.7 per 100,000 population, Illinois Department of Public Health.





Cardiovascular Disease



Impact Objectives

High Cholesterol

By the year 2021, reduce the proportion of McHenry County adults with high total blood cholesterol levels by 2 percent (31.65)(10 percent improvement over 10 years- target set by Healthy People 2020). Baseline: 32.3 percent 2015 IBRFSS.

High Blood Pressure

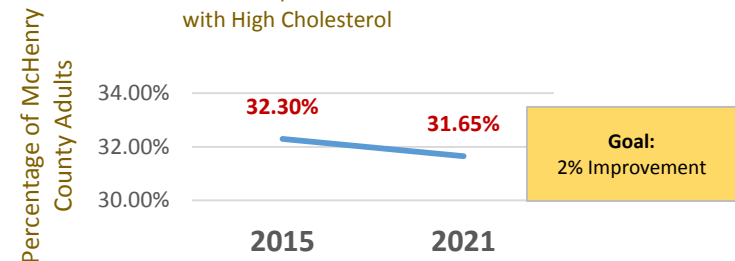
By the year 2021, reduce the proportion of McHenry County adults with high blood pressure by 2 percent (21.46) (10 percent improvement over 10 years -target set by Healthy People 2020). Baseline: 21.9 percent 2015 IBRFSS.

Healthy Weight

By the year 2021, increase the proportion of McHenry County adults who are at a healthy weight by 2 percent (37.94) (10 percent improvement over 10 years—target set by Healthy People 2020). Baseline: 37.2 percent (2014 BRFSS).

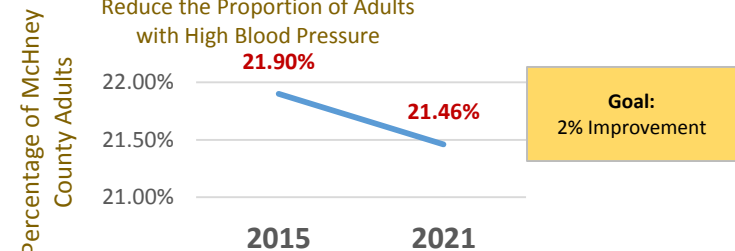
Impact Objective 1:

Reduce the Proportion of Adults with High Cholesterol



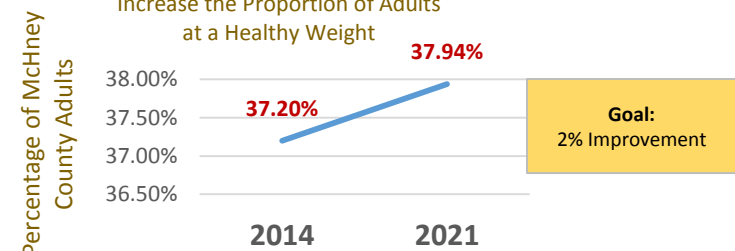
Impact Objective 2:

Reduce the Proportion of Adults with High Blood Pressure



Impact Objective 3:

Increase the Proportion of Adults at a Healthy Weight





Cardiovascular Disease

Process Objectives

- By the year 2021, the Cardiovascular MAPP Workgroup will administer an additional 3,000 Heart Age Screenings and prevention education to McHenry County residents.
- By the year 2021, the Cardiovascular MAPP Workgroup will educate 1,000 residents under the age of 30 on a healthy lifestyle/measures to prevent heart disease.





Diabetes

- Among death causes, diabetes ranks 6th highest among McHenry County residents.
- The 69 deaths due to diabetes reported for 2014 is the highest number in decades and is twice as many as 20 years ago.
- 8.3% of McHenry County adults ages 18 years and older have diabetes, a level that surpasses the Collar Counties at 7.5%, but below Illinois, 9.9%.
- Hispanics experience a higher death rate due to diabetes than non-Hispanics.
- Hispanic mothers also report twice the level of diabetes as non-Hispanics with 7.9% of 2014 Hispanic births born to mothers with diabetes as compared to 3.9% among non-Hispanics.



Diabetes

Outcome Objectives:

By the year 2027, decrease the proportion of adults in McHenry County who have been diagnosed with diabetes, (Target: 10 percent improvement over 10 years, Healthy People 2020). Baseline: As estimate of 18,790 people in the county have been told by their caregiver they have diabetes (2010-2014 Illinois Behavioral Risk Factor Surveillance System).

Impact Objectives:

- By the year 2021, increase the proportion of adults in McHenry County who are receive formal diabetes education.
- By the year 2021, increase prevention behaviors for those diagnosed with diabetes (The baseline and target will be established a year after implementation of diabetes prevention initiative).



Diabetes

Process Objectives:

- Coordinate A1C community screenings in partnership with the local hospital systems.
- Expand partnership with the Northern Illinois Food Bank to increase health education in the food pantries.
- Collaborate with the Diabetes Workgroup members to implement the National Diabetes Prevention Program into McHenry County.
 - Use the train-the-trainer method to increase reach
 - Coordinate with multiple agencies in McHenry County
- MCDH staff are implementing a 10-week Diabetes prevention class at the Crystal Lake Food Pantry in their new location starting in March 2017.

MAPP Vision Statement

“Our community embraces the belief that health is more than merely the absence of disease. A healthy community includes those elements that encourage people to maintain a high quality of life and productivity while respecting diversity. A healthy McHenry County reflects the following values – pride, respect, involvement, accountability and wellness”.

